

## DAFTAR PUSTAKA

- Ahmed, M.E., El Azeim, F., & El-Raouf, E. The Problem Solving Strategy of Poor Core Stability in Children with Cerebral Palsy A Clinical Trial. *Journal of Pediatrics & Neonatal Care*. 2014;1(2):2-6&16-37.
- Akuthota, V., Ferreiro, A., Moore, T., & Fredericson, M. 2008. Core Stability Exercise Principles. *Current Sport Medicine Reports*. 2008;7(1):39-44.
- Alhajaya, M.S. Effects of proprioception training on knee joint position sense in male soccer athletes. *Journal of Sociological Research*. 2015;6(1):104-15.
- Aman, J.E., Elangovan, N., Yeh, I.L., & Konczak, J. The effectiveness of proprioceptive training for improving motor function: a systematic review. *Frontiers in Human Neuroscience Review Article*. 2015;8(1075): 1-18.
- Ambegaonkar, J.P., Caswell, S.V., Winchester, J.B., Shimokochi, Y., Cortes, N., & Caswell, A.M. Balance Comparisons Between Female Dancers and Active Nondancers. *Research Quarterly for Exercise and Sport*. 2013;84(1):24-29.
- Amrinder, S., Deepinder, S., & Singh, S.J. Effect of proprioceptive exercises on balance and centet of pressure in athletes with function ankle instability. *Journal of Medicine Sportiva*. 2012;8(3):1927-33.
- Balakrishuan, R., Yazid, E., & Mahat, M.F.B. Effectiveness of the core stabilisation exercise on floor and Swiss ball on individual with non-Specific low back pain. *International Journal of Physical Education, Sports and Health*. 2016;3(1):347-56.
- Berbudi, A.B., Adipura, N., & Sugijanto. Pelatihan *Core Stability* dan *Balance Board Exercise* lebih baik dalam Meningkatkan Keseimbangan Dibandingkan dengan *Balance Board Exercise* pada Mahasiswa Usia 18-24 Tahun dengan Kurang Aktivitas Fisik. *Sport and Fitness Journal*. 2014;2(1):134-49.
- Burns, B & Dunning, M. 2010. *Skills in Motion Basketball Step-by-Step*. The Rosen Central: New York.
- Clark, M., Lucett, S., & Sutton, B.G. 2012. *NASM Essentials of Personal Fitness Training, Fourth Edition*. Philadelphia: Wolters Kluwer Health/ Lippincott Williams & Wilkins.

- Cole, B. & Panriello, R. 2016. *Basketball Anatomy*. United States of America: Human Kinetics.
- Christano, D.A., Adiputra, N., Lesmana, S.I., Sutjana, A.P., Muliarta, M., & Wahyudin, W. Penambahan Latihan Core Stability pada Program Pelatihan Atlet Dayung untuk Peningkatan Kecepatan Mendayung. *Sport and Fitness Journal*. 2017;5(3):40-47.
- Fatimah, S.S. 2015. *Perbedaan Core Exercise dengan Balance Exercise dalam Meningkatkan Keseimbangan Dinamis Pemain Futsal*. Bachelor thesis, Universitas Udayana.
- Fujiwara, K., Toyama, H., Asai, H., Yaguchi, C., Irei, M., Naka, M., & Kaida, C. Effects of regulas heel-raise training aimed at the soleus muscle on dinamic balance associated with arm movement in elderly women. *Journal Strength & Condition Research*. 2011;25(9):2605-15.
- Giriwijoyo, S. & Sidik, D.Z. 2012. *Ilmu Faal Olahraga*. Bandung: Rmaja Rosdakarya
- Hadziq, K. & Musadad, A. 2016. *Pendidikan Jasmani Olahraga dan Kesehatan untuk SMP-MTs Kelas IX*. Bandung: Yrama Widya.
- Hasan, K. Survey Tes Kebugaran Jasmani Indonesia (TKJI) pada Pemain Bolabasket. *Jurnal Kesehatan Olahraga*. 2016;6:103-09.
- Hidayat, A.A.A. 2014. *Metode Penelitian Kebidanan dan Teknik Analisis Data*. Jakarta: Salemba Medika.
- Hyland, A. 2015. *Men's Basketball*. USA: National Collegiate Athletic Assosiation.
- Jazi, S.D., Purrajabi, F., Movahedi, A., & Jalali, S. Effect of Selected Balance of Children with Visual Impairments. *Journal of Visual Impairment & Blindness*. 2012;106(8):466-74.
- Jeffrey, W. 2007. *Core Strengthening for Healthy Athletes: A Different Paradigm for Fitness Professionals*.
- Kamayoga, I.D.G.A., Adipura, N., Lesmana, S.I., Tirtayasa, K., Ngurah, I.B., & Imron, M.A. Intervensi *Dumbbell Lunges* dan *Core Stability Exercise* lebih baik daripada Intervensi *Elastic Band* dan *Core Stability Exercise* terhadap Peningkatan Keseimbangan Dinamis pada Pemain Sketeboard dengan Kondisi *Chronic Ankle Instability*. *Sport and Fitness Journal*. 2017;5(3):85-92.

- Kaminoff, L. 2007. *Yoga Anatomy*. Canada: Human Kinetics.
- Karakaya, M.G., Rutbil, H., Akpinar, E., Yildirim, A., & Karakaya, I.C. Effect of ankle proprioceptive training on static body balance. *Journal Physical Therapy Science*. 2015;27:3299-302.
- Karunia, N.L.P.G., Wibawa, A., & Adiputra, L.M.I.S.H. Hubungan Indeks Massa Tubuh (IMT) dengan Keseimbangan Statis pada Mahasiswa Fakultas Kedokteran Universitas Udayana. *Majalah Ilmiah Fisioterapi Indonesia*. 2015;2(1):29-33.
- Kementerian Pemuda dan Olahraga Republik Indonesia. 2015. *Penyajian Data dan Informasi Kepemudaan dan Keolahragaan 2014*. Jakarta: Kementerian Pemuda dan Olahraga & Badan Pusat Statistik.
- Kisner, C. & Colby, L.A. 2012. *Therapeutic Exercise Foundations and Technique Sixth Edition*. Philadelphia: F.A Davis Company.
- Liang, L.C., Wang, Y.T. & Lee, A.J.Y. The Effects of Core Stability on Dynamic Balance in Healthy Young Students. *34<sup>th</sup> International Conference on Biomechanics in Sports*. 2016:219-222.
- Mahendrayani, L.I., Samatra, D.P.G.P., Irfan, M., Tianing, N.W., Dewi, N.N.A., & Sugijanto. Kombinasi Foot Muscle Strengthening dan Kinesiotaping Lebih Baik Dibandingkan dengan Foot Muscle Strengthening terhadap Peningkatan Keseimbangan Dinamis pada Anak dengan Flexible Flatfoot. *Sport and Fitness Journal* 2018;6(1):25-32.
- Mohammad, A. & Gaieni. The Effects of Six Weeks Strength Exercises on Static and Dynamic Balance of Young Male Athletes. *Procedia-Sociaal and Behavioral Science*: 2012:247-50.
- Munawwarah, M. & Rahmani, N.A. Perbedaan Four Square Step Exercises dan Single Leg Stand Balance Exercises dalam Meningkatkan Keseimbangan Berdiri pada Lansia 60-74 Tahun. *Jurnal Fisioterapi*. 2015;15(2):95-105.
- Nelson, A.G. & Kokkonen, J. 2007. *Stretching Anatomy*. United States of America: Human Kinetics.
- Palmer, G.T. Single-Leg Balance Training: An Intervention Tool in the Reduction of Injuries. *Human Kinetics-Art*. 2007;12(5):26-30.
- Pantoro. 2014. *Profil Pendidikan Kabupaten Klaten 2014/2015*. Klaten: Dinas Pendidikan Kabupaten Klaten.

- Panwar, N. Effect of Wobble Board Balance Training Program on Static Balance, Dynamic Balance & Triple Hop Distance in Male Collegiate Basketball Athlete. *International Journal of Physiotherapy and Research*. 2014;2(4):657-62.
- Perdana, A. Perbedaan Latihan Wooble Board dan Latihan Core Stability terhadap Peningkatan Keseimbangan pada Mahasiswa Esa Unggul. *Jurnal Fisioterapi*. 2014;14(2):57-68.
- Putra, A.Y. Kontribusi Power Otot Tungkai dan Keseimbangan Tubuh Secara Terhadap Kemampuan Jump Shoot Atlet Bola Basket SMP Negeri 1 Pasaman. *Wahana Didaktika*. 2017;15(1):1-11.
- Pederson, J. 2008. *Investigating the Relationship Between FAI Questionnaires and Measures of Statis and Dynamic Postural Stability*. Luther Collage: University of Pittsburgh.
- Perdana, A. Perbedaan Latihan Wooble Board dan Latihan Core Stability terhadap Peningkatan Keseimbangan pada Mahasiswa Esa Unggul. *Jurnal Fisioterapi*. 2014;14(2):57-68.
- Rasool, J. & George, K. The impact of single-leg dynamic balance training on dynamic stability. *Physical Therapy in Sport*. 2007;8:177-84.
- Sadeghi, H., Shariat, A., Asadmanesh, E., & Mosavat, M. 2013. The Effects of Core Stability Exercise on the Dynamic Balance of Volleyball Players. *International Journal of Applied Exercise Physiology*. 2013;2(2):1-10.
- Shepherd, J. 2013. *Strength Training for Runners: Avoid injury and boost performance*. London: Bloomsbury Publishing Plc.
- Sherwood, L. 2012. *Fisiologi Manusia : Dari Sel ke Sistem, Edisi 6*. Jakarta: Buku Kedokteran EGC.
- Smirnov, C. 2014. *Muscle of the Month: Serratus Anterior, Your Way to Bliss in Planks*. Diakses 26 November 2017 dari <http://www.clarissasmirnov.com/stay-active/2014/1/14/serratus-the-muscle-of-happiness-in-planks>.
- Sugiman., Sumardyono., & Marfuah. 2016. *Guru Pembelajar Modul Matematika SMP Karakteristik Siswa SMP dan Bilangan*. Jakarta: Direktorat Jenderal Guru dan Tenaga Kependidikan.
- Swandari, N.M.L., Nurmawan, I.P.S., & Sundari, L.P.R. Pelatihan Propioseptif Efektif dalam Meningkatkan Keseimbangan Dinamis pada Pemain Sepak

Bola dengan Functional Ankle Instability di SBB Pegok. *Majalah Ilmiah Fisioterapi Indonesia*.2015;1(1).

Trisyono. Peningkatan Keterampilan dan Aktivitas Belajar Permainan Bola Basket melalui Model Tugas. *Jurnal Media Ilmu Keolahragaan Indonesia*. 2011;1(2):99-103.

Willardson, J. M. Core stability training: applications to sports conditioning programs. *Journal of Strength and Conditioning Research*. 2007;21(3):979-85.

Yu, S.H. & Park, S.D. The Effects of Core Stability Strenght Exercise on Muscle Activity and Trunk Impairment Scale in Stroke Patients. *Journal of Exercise Rehabilitation*. 2013;9(3):362-67.